15-DAY TABATA SWEATFEST

by SKINNYMOM® | SPONSORED BY FEBREZE IN-WASH ODOR ELIMINATOR

NEW TABATA WORKOUTS

YOU CAN DO ANYTHING FOR 20 SECONDS!

- GET SWEATY
- BLAST FAT
- TONE UP

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WHO'S READY TO GET SWEATY? *We hope you are!*

WELCOME to Skinny Mom's 15-Day Tabata Sweatfest, made with the help of our friends at **Febreze In-Wash Odor Eliminator.** If there's one thing Skinny Mom and Febreze In-Wash know best, it's sweat, so we're ready to challenge you, make your body glisten and help you get fit and strong fast!

WHAT'S TABATA? IS IT FOR ME?

Yes, girl! Tabata is an exciting, quick, results-driven form of high-intensity interval training (HIIT) that helps you burn calories more efficiently by putting your body in metabolic training mode. It's perfect for busy, do-it-all women who want to look great without spending hours at the gym. Tabata is also an amazing plateau-buster as it boosts your metabolism and sparks a major calorie burn.

It works by pushing you to your limit for 20 seconds with one exercise, then resting for 10 seconds. That's one set, and you'll complete the same set eight times before starting the next move. Take a look at this sample workout to see just how this breakdown works for a full session.

SAMPLE TABATA WORKOUT:

LIGHT CARDIO WARM UP

#1: PUSHUPS (20 SECONDS ON, 10 SECONDS OFF FOR 8X)

REST 60 SECONDS

#2: SQUATS (20 SECONDS ON, 10 SECONDS OFF FOR 8X)

REST 60 SECONDS

#3: BURPEES (20 SECONDS ON, 10 SECONDS OFF FOR 8X)

REST 60 SECONDS

#4: MOUNTAIN CLIMBERS (20 SECONDS ON, 10 SECONDS OFF FOR 8X)

STRETCH

Each day of Sweatfest you'll do four moves.
For an in-depth explanation and modifications, just click the name of the exercise!

These daily workouts are effective for strength and cardio, can be done in only 20 minutes at home and you'll only need a pair of light and heavy dumbbells (or sub a bottle or two of Febreze In-Wash!). It's super effective for torching fat and building defined lean muscle. Just remember that the key to success with this ultra-intense workout style is to push your body to its limit without sacrificing your form!

YOU KNOW YOUR BODY BEST, BUT REMEMBER, CHALLENGES BRING CHANGES!

WHAT SHOULD I EAT DURING THE SWEATFEST?

These workouts are intense, so you've gotta fuel your body with the right stuff to slim down and sculpt strong muscles. You'll find helpful guidelines for healthy eating on page 2 and there are hundreds of amazing recipe options for every meal on **skinnymom.com**!

FOLLOW ALONG WITH "FIT TIPS FROM FEBREZE IN-WASH"

Throughout the Sweatfest, you'll see some Fit Tips From Febreze In-Wash. If you're trying to step up your fitness game or learn a little more, these quick tips are must-reads! Who better to give you advice on getting sweaty than the odor elimination experts?

WAIT, WHY WOULD A LAUNDRY BRAND WANT ME TO GET STINKY?

Because they're that good. **Febreze In-Wash Odor Eliminator** works with your detergent to eliminate - not just mask - the toughest laundry odors in just one wash, so they aren't afraid of a little (or a lot of) sweat. It works just as hard as you do to help you look and feel your best. And now with 3x more freshening power, you'll smell amazing, too!

TIME TO START SWEATIN'!

Share your workout pics and sweaty selfies on social media using **#15daysweatfest** and **#febrezeinwash**. Follow **@skinnymom** and **@febrezeinwash** for fun challenges and the chance to win some big prizes!

FOOD GUIDELINES

You'll be working up a sweat in these 15 days, so your body needs healthy, fueling foods to support your activity. And if your goal is to lose weight, you need to be extra smart about which foods you eat to help you cut calories and shed those unwanted pounds. These guidelines and tips are a useful tool to follow during and after your Sweatfest!

THE RULES:

1. DON'T SKIP MEALS!
Have a breakfast, mid-morning snack, lunch, afternoon snack, and supper.

2. EAT ON A SCHEDULE.
You'll be able to channel your body's true hunger cues more accurately. Nothing packs on the pounds more than mistaking thirst or boredom for hunger.

3. DRINK EIGHT 8-OUNCE CUPS OF WATER EACH DAY!
Staying hydrated will give you extra energy, keep you feeling full and will prevent muscle cramps.

LEAN PROTEINS:

Choose 1 of these servings and prepare it grilled, boiled, baked or steamed.

- 3-4 ounces boneless, skinless chicken breast
- 4-6 ounces fish (frozen or fresh, all varieties)
- 3-4 ounces lean ground beef or ground turkey (90/10 minimum)
- 2 slices turkey bacon
- 3-4 ounces tofu or tempeh
- 3-4 ounces tuna (packed in water)
- 10 medium-sized shrimp (frozen or fresh)
- 3 scallops
- 3 egg whites

CARBOHYDRATES:

Choose 1 of these servings per meal.

- ½ cup oatmeal
- 1 medium-sized sweet potato
- ½ cup brown rice or quinoa
- 1 rice cake
- ½ cup kidney, lima, garbanzo or black beans
- ½ cup lentils
- 1 low-carb, high-fiber 5-inch tortilla
- 1 100% whole wheat sandwich round

UNSWEETENED FROZEN FRUITS:

Use these in smoothies and shakes for breakfasts and snacks. For tasty recipes, here!

NON-STARCHY VEGETABLES:

Eat unlimited amounts from this list of veggies. Prepare them raw, lightly sauteed in olive, grapeseed or coconut oil, steamed, blanched, baked or boiled.

- Artichoke hearts
- Asparagus
- Beets
- Bell peppers
- Broccoli
- Brussels sprouts
- Cabbage
- Carrots
- Cauliflower
- Celery
- Cucumber
- Mixed greens
- Mushrooms
- Okra
- Snow or snap peas
- Squash
- String beans
- Spinach
- Tomatoes
- Zucchini

SNACKS:

Choose 1 serving per snack.

- 3 cups air popped popcorn
- 6 reduced-fat Triscuits and 2 tablespoons hummus
- 2 hardboiled eggs
- 1 apple and 1 light string cheese
- ½ cup lowfat cottage cheese and ½ cup fruit
- 1 banana and 1 tablespoon nut butter

>>> FIND HUNDREDS OF AMAZING RECIPE OPTIONS FOR EVERY MEAL ON SKINNYMOM.COM!

DAY 1: UPPER BODY

15-DAY TABATA SWEAT FEST

ROUND #1: BENT OVER ROWS

:20 WORK AND :10 REST

8X

REST FOR :60

ROUND 2 NEXT

ROUND #2: SEAL JACKS

:20 WORK AND :10 REST

8X

REST FOR :60

ROUND 3 NEXT

ROUND #3: WEIGHTED PUNCHES

:20 WORK AND :10 REST

8X

REST FOR :60

ROUND 4 NEXT

ROUND #4: PUSHUPS

:20 WORK AND :10 REST

8X

REST FOR :60

YOU CRUSHED IT!

Now it's time for #FebrezeInWash!

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IN-WASH ODOR ELIMINATOR

FIT TIP:

WHERE'D TABATA START?

This intense HIIT-style training was invented by Dr. Izumi Tabata, a Japanese physician and researcher who wanted to see if working in 20/10 (second) intervals only eight times was an effective form of training. In his study, one group completed 1,800 minutes of moderate training and the other group trained a total of 120 minutes with Tabata over six weeks. The Tabata group saw better results and this quick, effective workout style took off!

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DAY 2: ABS & CORE

15-DAY TABATA SWEAT FEST

ROUND #1: BOAT CRUNCHES

:20 WORK AND :10 REST

8X

REST FOR :60

ROUND 2 NEXT

ROUND #2: STARFISH ABS

:20 WORK AND :10 REST

8X

REST FOR :60

ROUND 3 NEXT

ROUND #3: SPIDERMAN PLANK

:20 WORK AND :10 REST

8X

REST FOR :60

ROUND 4 NEXT

ROUND #4: BURPEES

:20 WORK AND :10 REST

8X

REST FOR :60

YOU CRUSHED IT!

DAY 3: LOWER BODY

15-DAY TABATA SWEATOFEST

ROUND #1: FIRE HYDRANTS

:20 WORK AND :10 REST

8X

REST FOR :60

ROUND 2 NEXT

ROUND #2: HIGH KNEES

:20 WORK AND :10 REST

8X

REST FOR :60

ROUND 3 NEXT

ROUND #3: JUMPING LUNGES

:20 WORK AND :10 REST

8X

REST FOR :60

ROUND 4 NEXT

ROUND #4: JUMP SQUATS

:20 WORK AND :10 REST

8X

REST FOR :60

YOU CRUSHED IT!

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FIT TIP:

NO GYM? NO PROBLEM!

Don't overlook a workout just because you don't have a full home gym. There are nearly always household items that can double as your fitness equipment; you've just gotta get creative! The most commonly used piece of equipment is a pair of dumbbells (which is all you need for the Sweatfest!), but you can easily use two soup cans, water bottles or - for a real challenge - bottles of Febreze In-Wash!

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DAY 4: UPPER BODY

15-DAY TABATA SWEAT FEST

ROUND #1: UPRIGHT ROWS

:20 WORK AND :10 REST

8X

REST FOR :60

ROUND 2 NEXT

ROUND #2: SPEEDBAG PUNCHES

:20 WORK AND :10 REST

8X

REST FOR :60

ROUND 3 NEXT

ROUND #3: PEC DECK

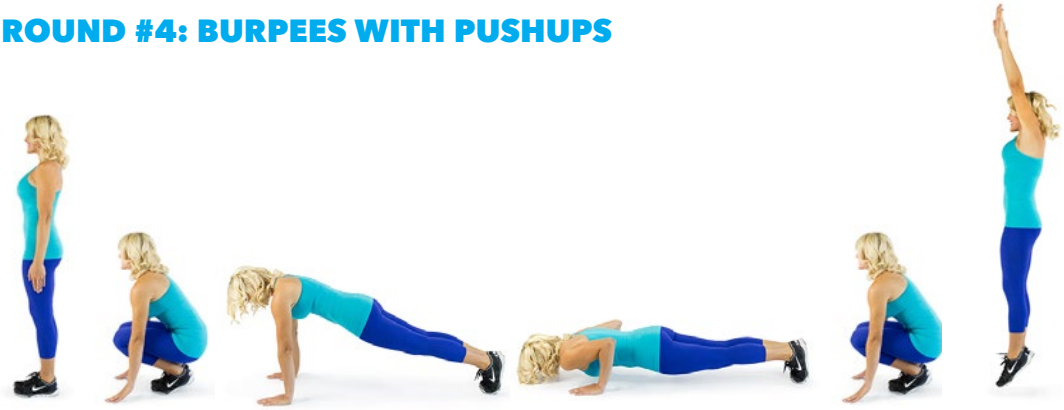
:20 WORK AND :10 REST

8X

REST FOR :60

ROUND 4 NEXT

ROUND #4: BURPEES WITH PUSHUPS



:20 WORK AND :10 REST

8X

REST FOR :60

YOU CRUSHED IT!

DAY 5: ABS & CORE

15-DAY TABATA SWEATOFEST

ROUND #1: PLANK ROWS

:20 WORK AND :10 REST

8X

REST FOR :60

ROUND 2 NEXT

ROUND #2: SWITCH KICKS

:20 WORK AND :10 REST

8X

REST FOR :60

ROUND 3 NEXT

ROUND #3: BICYCLE CRUNCHES

:20 WORK AND :10 REST

8X

REST FOR :60

ROUND 4 NEXT

ROUND #4: PLANK JACKS

:20 WORK AND :10 REST

8X

REST FOR :60

YOU CRUSHED IT!

Now it's time for #FebrezeInWash!

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FIT TIP:

HYDRATE, HYDRATE, HYDRATE!

Sure, sweat is also known as your fat crying, but the water you lose during your Sweatfest must be replenished. Drink 15-20 ounces 2-3 hours before your workout, 8 ounces about 20 minutes before you begin, and use rest times during the Sweatfest to drink about 12 ounces of water during your workout. Even a small amount of dehydration can decrease your physical ability, so if you really want to rock your workout, drink up!

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DAY 6: LOWER BODY

15-DAY TABATA SWEAT FEST

ROUND #1: SKATERS

:20 WORK AND :10 REST

8X

REST FOR :60

ROUND 2 NEXT

ROUND #2: LATERAL LINE HOPS

:20 WORK AND :10 REST

8X

REST FOR :60

ROUND 3 NEXT

ROUND #3: SQUATS WITH DUMBBELLS

:20 WORK AND :10 REST

8X

REST FOR :60

ROUND 4 NEXT

ROUND #4: TUCK JUMPS

:20 WORK AND :10 REST

8X

REST FOR :60

YOU CRUSHED IT!

DAY 7: UPPER BODY

15-DAY TABATA SWEAT FEST

ROUND #1: PUSHUPS

:20 WORK AND :10 REST

8X

REST FOR :60

ROUND 2 NEXT

ROUND #2: FOOTBALL DRILL

:20 WORK AND :10 REST

8X

REST FOR :60

ROUND 3 NEXT

ROUND #3: TRICEP DIPS

:20 WORK AND :10 REST

8X

REST FOR :60

ROUND 4 NEXT

ROUND #4: INVISIBLE JUMP ROPE

:20 WORK AND :10 REST

8X

REST FOR :60

YOU CRUSHED IT!

Now it's time for #FebrezeInWash!

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FIT TIP:

TOSS YOUR SCALE!

Weighing in can be a defeating chore, especially when you're gaining muscle! A pound of fat and a pound of muscle weigh the same, but muscle occupies less space than fat – so you could be losing inches while the scale doesn't budge! The best way to hold yourself accountable is by tracking your fitness and food each day. Use a simple tracking journal or download a helpful app to keep track of all the healthy choices you're making!

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DAY 8: ABS & CORE

15-DAY TABATA SWEAT FEST

ROUND #1: PLANK UP DOWNS

:20 WORK AND :10 REST

8X

REST FOR :60

ROUND 2 NEXT

ROUND #2: BURPEES

:20 WORK AND :10 REST

8X

REST FOR :60

ROUND 3 NEXT

ROUND #3: FLUTTER KICKS

:20 WORK AND :10 REST

8X

REST FOR :60

ROUND 4 NEXT

ROUND #4: RUSSIAN TWISTS WITH DUMBBELL

:20 WORK AND :10 REST

8X

REST FOR :60

YOU CRUSHED IT!

DAY 9: LOWER BODY

15-DAY TABATA SWEAT FEST

ROUND #1: FRONT LUNGE WITH KICK

:20 WORK AND :10 REST

8X

REST FOR :60

ROUND 2 NEXT

ROUND #2: HIGH KNEES

:20 WORK AND :10 REST

8X

REST FOR :60

ROUND 3 NEXT

ROUND #3: TUCK JUMPS

:20 WORK AND :10 REST

8X

REST FOR :60

ROUND 4 NEXT

ROUND #4: PRISONER JACKS

:20 WORK AND :10 REST

8X

REST FOR :60

YOU CRUSHED IT!

Now it's time for #FebrezeInWash!

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FIT TIP:

SWEAT IN STYLE!

Febreze In-Wash may eliminate tough odors from all your fitness clothes, but it's important to wear the right gear to make the most of every workout! Be sure to buy breathable, moisture-wicking fabrics to keep you feeling cool and clean. Your gear should be form fitting to move with you and show off that figure! Also, look for clothes with flatlock seams that won't rub you while you sweat.

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DAY 10: UPPER BODY

15-DAY TABATA SWEAT FEST

ROUND #1: WEIGHTED PUNCHES

:20 WORK AND :10 REST

8X

REST FOR :60

ROUND 2 NEXT

ROUND #2: INVISIBLE JUMP ROPE

:20 WORK AND :10 REST

8X

REST FOR :60

ROUND 3 NEXT

ROUND #3: REVERSE FLY

:20 WORK AND :10 REST

8X

REST FOR :60

ROUND 4 NEXT

ROUND #4: CARDIO JUMP TWISTS

:20 WORK AND :10 REST

8X

REST FOR :60

YOU CRUSHED IT!

DAY 11: ABS & CORE

15-DAY TABATA SWEAT FEST

ROUND #1: SIDE PLANK LEFT

:20 WORK AND :10 REST

8X

REST FOR :60

ROUND 2 NEXT

ROUND #2: MOUNTAIN CLIMBERS

:20 WORK AND :10 REST

8X

REST FOR :60

ROUND 3 NEXT

ROUND #3: SIDE PLANK RIGHT

:20 WORK AND :10 REST

8X

REST FOR :60

ROUND 4 NEXT

ROUND #4: BURPEES

:20 WORK AND :10 REST

8X

REST FOR :60

YOU CRUSHED IT!

Now it's time for #FebrezeInWash!

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FIT TIP:

GET YOUR BEAUTY REST!

You may be busy, but when you zombie your way through the day after skipping crucial shut eye, you experience increased hunger, may drink sugary drinks to prevent a crash or you may be too tired to power through your workout. Stay on top of your game every day by getting 7-8 hours of restful sleep per night! You'll actually be more productive than if you'd stayed up after hours to knock out those extra to-dos.

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DAY 12: LOWER BODY

15-DAY TABATA SWEAT FEST

ROUND #1: LYING LEG RAISES

:20 WORK AND :10 REST

8X

REST FOR :60

ROUND 2 NEXT

ROUND #2: 180-DEGREE SQUAT JUMPS

:20 WORK AND :10 REST

8X

REST FOR :60

ROUND 3 NEXT

ROUND #3: GOBLET SQUATS

:20 WORK AND :10 REST

8X

REST FOR :60

ROUND 4 NEXT

ROUND #4: HIGH KNEES

:20 WORK AND :10 REST

8X

REST FOR :60

YOU CRUSHED IT!

DAY 13: UPPER BODY

15-DAY TABATA SWEAT FEST

ROUND #1: DUMBBELL FLOOR PRESS

:20 WORK AND :10 REST

8X

REST FOR :60

ROUND 2 NEXT

ROUND #2: TRICEP DIPS

:20 WORK AND :10 REST

8X

REST FOR :60

ROUND 3 NEXT

ROUND #3: SEAL JACKS

:20 WORK AND :10 REST

8X

REST FOR :60

ROUND 4 NEXT

ROUND #4: BENT OVER ROWS

:20 WORK AND :10 REST

8X

REST FOR :60

YOU CRUSHED IT!

Now it's time for #FebrezeInWash!

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FIT TIP:

STRETCH IT OUT, GIRL!

Stay safe during your Sweatfest by waking up your muscles before and after your workout. Need a good warmup? Spend a few minutes performing dynamic stretches like walking lunges, hip circles, and buttkickers or walk for a couple of minutes. After your workout, do some static stretches that elongate your muscles and hold those positions for about 30 seconds each (think: butterfly stretch, runner's lunges, etc.).

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DAY 14: ABS & CORE

15-DAY TABATA SWEAT FEST

ROUND #1: STARFISH ABS

:20 WORK AND :10 REST

8X

REST FOR :60

ROUND 2 NEXT

ROUND #2: MOUNTAIN CLIMBERS

:20 WORK AND :10 REST

8X

REST FOR :60

ROUND 3 NEXT

ROUND #3: SPIDERMAN PLANK

:20 WORK AND :10 REST

8X

REST FOR :60

ROUND 4 NEXT

ROUND #4: SWITCH KICKS

:20 WORK AND :10 REST

8X

REST FOR :60

YOU CRUSHED IT!

DAY 15: LOWER

15-DAY TABATA SWEATOFEST

ROUND #1: GLUTE BRIDGE WITH DUMBBELL

:20 WORK AND :10 REST

8X

REST FOR :60 | ROUND 2 NEXT

ROUND #2: FOOTBALL DRILL

:20 WORK AND :10 REST

8X

REST FOR :60 | ROUND 3 NEXT

ROUND #3: FIRE HYDRANTS

:20 WORK AND :10 REST

8X

REST FOR :60 | ROUND 4 NEXT

ROUND #4: SQUAT JUMPS

:20 WORK AND :10 REST

8X

REST FOR :60 | YOU CRUSHED IT!

Now it's time for #FebrezeInWash!

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FIT TIP:

TREAT YO'SELF!

You killed it! After all that work and sweat, it's time for a reward. But if you don't want to undo all your progress, don't let that reward come in the form of pizza and beer. Opt for a new piece of workout gear or equipment, a mani/pedi, or a deep tissue massage! You could use some pampering before your next round of the 15-Day Tabata Sweatfest, right?

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